

ticipants have reached a temporary weight plateau. It should be noted that the progress bar **217** can include any graphic element, such as a slide, a pie chart, a goal thermometer, and is not limited to the illustrative visualization presented herein.

[0051] The interaction buttons **225** can trigger any of a variety of other views and/or tools to be presented to the participant. The interaction buttons **225** can be linked to elements within the GUI **200** and can have dynamically adjustable behavior dependant upon other selected GUI **200** elements.

[0052] For example, if a second task appearing in the progress tree **210** is highlighted, and an interaction button **225** is selected, the button can result in action associated with the second task. More specifically, an online assistance button can be selected while a chat session task is selected. As a result of button selection, online assistance button relating to a chat session can be provided.

[0053] The GUI options **230** can permit a participant to customize one or more environmental aspects of the GUI **200**. For example, the GUI options **230** can toggle speech generation and automatic speech recognition (ASR) features of the application between enabled and disabled states. In another example, the GUI options **230** can enable/disable automated features associated with the digital coach **220**. Moreover, the GUI options **230** can also change the color, text size, font, appearance, and the like of the GUI **200**.

[0054] It should be appreciated that the various GUIs, including GUI **200**, disclosed herein are shown for purposes of illustration only. Accordingly, the present invention is not limited by the particular GUI or data entry mechanisms contained within views of the GUI. Rather, those skilled in the art will recognize that any of a variety of different GUI types and arrangements of data entry, fields, selectors, and controls can be used without departing from the essential spirit of the inventive arrangements disclosed herein.

[0055] FIG. 3 is a schematic diagram illustrating one embodiment of a system **300** in which the wellness program computing components can operate in accordance with the inventive arrangements disclosed herein. System **300** can include a client application **305**, a network **310**, a wellness server **315**, and a remote server **320**. The client application **305** can be hosted upon a stand-alone computing device and/or can be hosted upon a thin client that requires interaction with a remotely located wellness server **315**. The client application **305** can be executed upon a variety of computing platforms having varying capabilities.

[0056] For example, in one embodiment, the client application **305** can be executed on a personal computer having a GUI. In another embodiment, the client application **305** can be hosted upon a mobile telephone, a personal data assistant (PDA), a computing tablet, or other such mobile computing device. In yet another embodiment, the client application **305** can be executed upon a pervasive wearable computing device. In still another embodiment, the client application **305** can be a voice enabled telephony application that interacts with a participant via telephony customer premise equipment and an audio interface.

[0057] The wellness server **315** can include any of a plurality of computing components necessary to automatically establish, manage, and implement the wellness pro-

grams as described herein. For example, the wellness server **315** can include the components detailed in system **100**. The wellness server **315** can be a centralized server and/or can consist geographically distributed components resulting a dispersed configuration. That is, the wellness server **315** can be implemented within a grid computing environment or other such non-centralized arrangement.

[0058] One or more remote servers **320** can provide programmatic functionality for the wellness server **315** and/or the client application **305**. For example, the remote server **320** can provide a Web service, such as an ASR service and/or a synthetic speech generation service, utilized by the wellness server **315**. In another example, the remote server **320** can provide services directly to the client application **305**.

[0059] For example, one component of the wellness program established for a participant can include the dietary program having dedicated Web site. The client application **305** can communicatively link the participant to the remote server **320** hosting the Web site via the network **310**.

[0060] The network **310** can communicatively link the client application **305**, the wellness server, and the remote server **320** to one another. The network **310** can include packet based communication connections, such as an intranet or an Internet, as well as circuit based communication connections, such as those available via the Public Switched Telephone Network (PSTN). Additionally, the network **310**, can include land based communication links as well as wireless communication links. Wireless communication links can include but is not limited to such communication links as BLUETOOTH, WIFI (referring to one of the 802.11 family of wireless protocols), radio frequency links, satellite links, and the like.

[0061] FIG. 4 is a flow chart illustrating a method **400** for establishing an automated wellness program in accordance with the inventive arrangements disclosed herein. The method can be performed in the context of automated computer system that includes a data repository for storing participant metrics. The automated computer system also include a program generation engine that generates personalized wellness programs based upon the individuals metrics.

[0062] The method can begin in step **405** where a program for a participant can be initialized. In step **410**, an automated system can receive participant metrics. These metrics can include answers to a multitude of personal questions that together can generate a psychological and/or physiological profile of the participant. The participant metrics can, for example, describe information about the participant's life including but not limited to present and past physical data, medical history, personality traits, past and present behaviors and behavioral patterns, successes, failures, habits, relationships, feelings, self-esteem evaluations, dreams, aspirations, goals, ethnicity, and the like. Program specific metrics can also be gathered including interaction preferences, commitment level in regards to the program, desktop and/or interactive device configuration information, and the like.

[0063] In step **415**, participant suitability for the program can be determined based upon the metrics. In one embodiment, suitability can be determined algorithmically by